

ABSTRACT

Title : Analysis of the training means how to develop the special take – off abilities of a long jumper

Aims of work : The aim of this work was to consider the training means how to develop the special take – off abilities of a top long jumper as well as preparatory training of a long jumper and to sum up the trainers' opinions, consider and classified it into the training seasons.

Methodology : In the methodology of this work we intended on the preparatory training of a long jumper in the season 1992. Then through the dialogue with the trainers we found out a utilizing of the training means and we compared it with the means of the followed jumper.

Results : We devised our special proposal of a preparatory training in a long jump. We started from the trainers' opinions and information and we compared it with the training means of developing the special take – off abilities at a followed jumper.

Key words : sport performance, making ready for physical condition, long jump, long jumpers' technique, preparatory training.